

**PHYSICIANS REFERRAL FORM
FOR A LAW ENFORCEMENT
AND SECURITY HEALTH/PERFORMANCE
ASSESSMENT AND EVALUATION**

Dear Physician:

Your patient, _____ has requested to participate with the Hartford Police Department in a health and motor fitness pre-employment assessment. These tests are designed to evaluate the individual's health and state of physical readiness prior to embarking in a career in law enforcement.

The assessment is separated into two test batteries. The first battery is referred to as the "health-fitness" test battery. Health fitness is a concept that includes those fitness components that can prevent disease and promote health. The requirements will include testing to determine general cardiovascular/respiratory endurance, muscular strength, endurance to the abdominal and lower back musculature, and body composition. (The ratio of lean body weight to fat weight.)

The second test battery will be administered to determine the individual's performance, or "motor fitness", as it specifically relates to the law enforcement officers' job function. The "motor fitness" requirements will include testing to determine agility, power, specific cardiovascular/respiratory endurance, specific upper and lower-body muscular strength, endurance, speed and balance.

A basic exam, at your patient's expense, will be required to certify that you are physically fit to participate in the physical agility testing phase. Doctors will complete the "Test Events" form, which must be turned in before testing.

Your patient has been provided with details regarding the various components of this assessment. He/she will be providing you with a form entitled "***Test Events***" that must be completed by a physician prior to being allowed to test. Please identify whether or not your patient is fit to participate in each test event by checking off "yes" or "no" on this Test Events form.

In advance, I thank you for your cooperation in this matter.

Sincerely,

David A. Groves
Chief of Police